

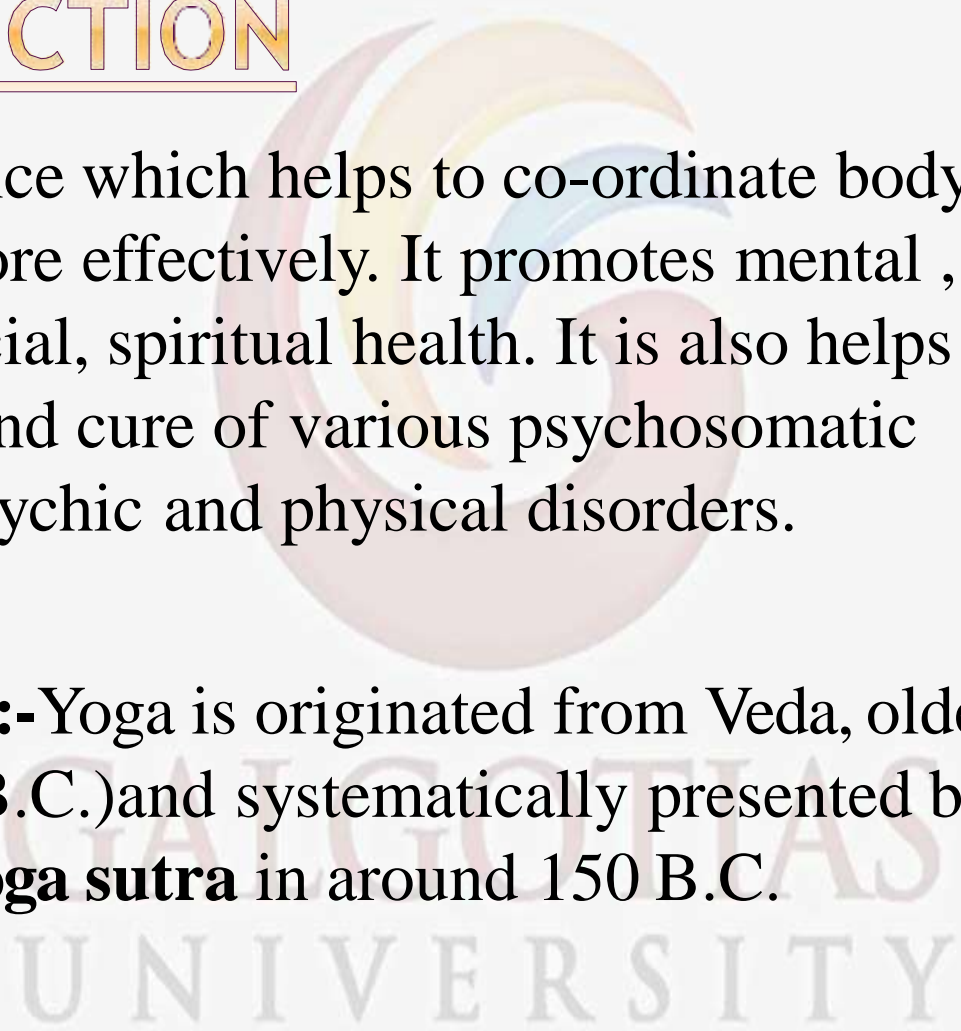
ALTERNATIVE SYSTEM OF MEDICINES



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INTRODUCTION

- Yoga is science which helps to co-ordinate body and mind more effectively. It promotes mental , physical, social, spiritual health. It is also helps in prevention and cure of various psychosomatic disorders, psychic and physical disorders.
- **The Origin :-**Yoga is originated from Veda, oldest India(4000B.C.)and systematically presented by **Patanjali Yoga sutra** in around 150 B.C.



DEFINITION

- According to Yoga sutra of Patanjali-“Yoga is restraints of the activities of the mind”

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COMPONENTS

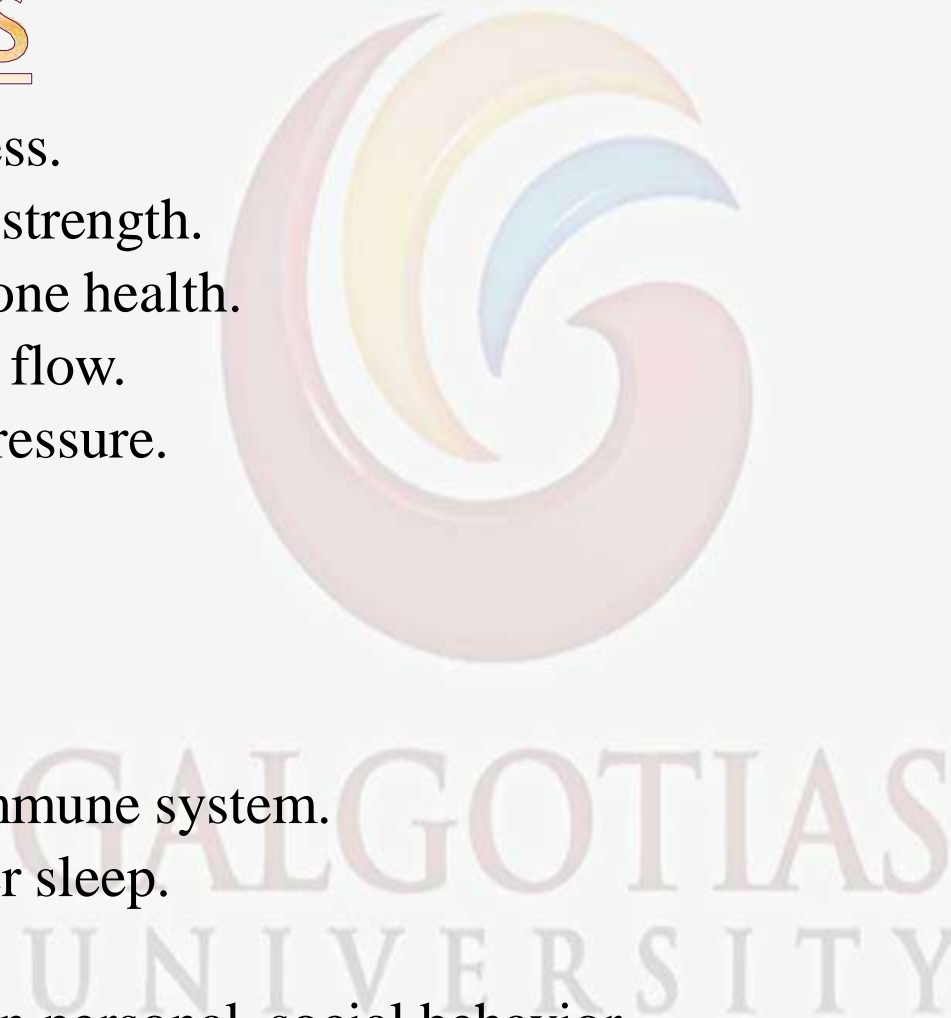
- ⦿ Maintaining physical posture.
- ⦿ Breathing exercise.
- ⦿ Restraining of sense of organs.
- ⦿ Restraints in every sphere of life.
- ⦿ Contemplation..
- ⦿ Meditation.
- ⦿ Smadhi.

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BENEFITS

- ⦿ All round fitness.
- ⦿ Builds muscle strength.
- ⦿ Better your bone health.
- ⦿ Increase blood flow.
- ⦿ Drops blood pressure.
- ⦿ Protect spine.
- ⦿ Weight loss.
- ⦿ Stress relief.
- ⦿ Help in focus.
- ⦿ Boosts your immune system.
- ⦿ Helps in deeper sleep.
- ⦿ Inner peace.
- ⦿ Improvement in personal, social behavior.
- ⦿ Better circulation of oxygenated blood in the body.



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INTRODUCTION

- The Unani System of Medicine has a long and impressive record in India. It was introduced in India by the Arabs sometime around the eleventh century. Today, India is the one of the leading countries in so far as the practice of Unani medicine is concerned.
- **The Origin:-**The Unani System of Medicine has its origin in Greece before Christ under the Hippocrates(377-460Bc) . It was introduced in Indian around the 11th century by the Arabs and P . Although this system has originated in Greece, but it has been taken to various countries such as Arabia, Iran, China, and India.

HORMONE THEORY OF HIPPOCRATES

- There are four Hormone theory of Hippocrates :
- **Blood**
- **Phlegm**
- **Yellow bile**
- **Black bile**
- The hormones are assigned temperature i.e; blood is hot and moist, phlegm is cold and moist, yellow bile is hot and dry, black bile is cold and dry. As long as hormone are in balance
- The individual remain healthy. Any imbalance and disturbance in hormones result in disease occurrence.

DIAGNOSIS

- The diagnosis of a disease is done by feeling pulse, observation of urine, stool, color of skin and gait etc. The treatment comprise of 3 components namely Preventive, Pro-motive and Curative.

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TREATMENT

- The treatment comprises 3 components namely Preventive, Pro-motive and Curative. Treatment is carried out in 3 forms i.e; Pharmacy therapy, Diet therapy. Regimental Therapy and Surgery. Pharmacy therapy makes the natural drugs mainly herbal but also includes animals, minerals and marine drugs.
- Regimental therapy is specialty of Unani system of medicine. It has 12 methods for specific and complicated diseases and include methods like cupping ,leeching .

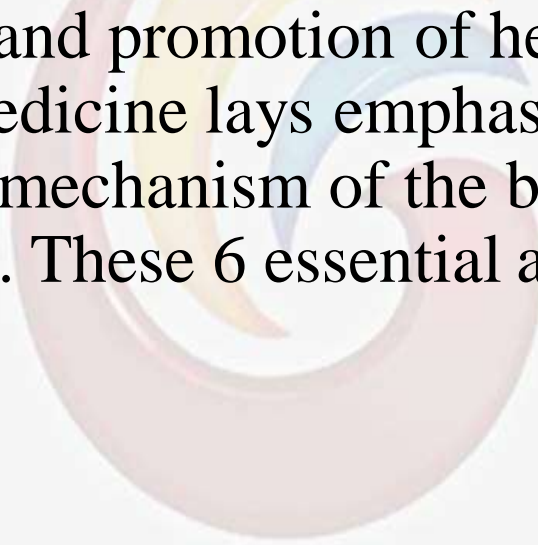


CUPPING



LEECHING



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- For the prevention and promotion of health ,the Unani System of Medicine lays emphasis on developing defense mechanism of the body and advocate 6 essential. These 6 essential are:-
- Exercise
 - Rest, Sleep
 - Psychic movements
 - Sleep
 - Wakefulness
 - Evacuation
 - Retention
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SIDDHA



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